

RESOURCES ANXIETY CHILDREN AND YOUTH

If you have concerns about your child or teen's mental health, a good first step is to talk to your family doctor or pediatrician. You can also check out your local [Child or Youth Mental Health Team](#). Check out the [list of mental health and wellness resources and support in BC](#).

A FEW RECOMMENDED RESOURCES:

Anxiety Canada

<https://www.anxietycanada.com>

This website includes a lot of

Get the most current health information, resources and peer support for children, teens and parents and educators

KidsHealth

<https://kidshealth.org>

Search and find excellent information on anxiety and depression for managing for kids, teens, parents and educators

Kids Help Phone

1-800-668-6868

<https://kidshelpphone.ca/>

Kids Help Phone is a 24/7 phone service. They provide a volunteer-led, text-based support program for people

needing counselling, information, and referrals, as well. All services are confidential.